Metropolitan Offices
1441 Drummond Street
Telephone 849-5331

YMCA

Montréal Communiqué

Members of the Alouette football squad will participate in a fitness-testing clinic, to be held during an open house in NDG-YMCA's newly modernized fitness complex at 4335 Hampton Avenue.

News media will have an opportunity for preview tours of the facility either before or after a special press luncheon, scheduled for 1:00 p.m. The public is invited from 6:30-10:30.

The open house is part of a nation-wide drive, initiated by the YMCA, to reverse the trend towards physical unfitness in Canada.

As part of the campaign, the Y has developed a new range of programs to promote the physical development of youngsters, maintain and strengthen the functional capacity of adults and, perhaps of most importance to those over 30, to minimize the risks of heart attack.

For further information call: Bill Sher 849-5331
Doug Barnes 486-7315